

CARDIO – BALLET

With Rebekah Zammuto

NO BALLET EXPERIENCE NEEDED!!

This is a basic ballet class with barre and center technique taught with an extra bit of vigor and energy to keep your heart going. It is fun, exhilarating and easy to follow!

6 Week Session \$90

**** *Beginning Late September* ****

South Grafton: Tuesday Evenings 7-8 pm

**Please call Dance Center To Reserve Your Spot! Payment Due @ 1st
Class**

508-839-3696 or 508-435-5132

**Come For the Fun, Fitness and
Self-Empowerment!!**